



Foods to Fight BREAKOUTS!

Use this worksheet as a guide for foods that will give you the vitamins you need to fight acne!

Vitamin A: Eggs, leafy greens, milk, carrots, pumpkins, liver
Benefits: Makes your skin moisturized and helps you heal from scars more quickly!

Vitamin B: egg yolks, nuts, raisins
Benefits: Makes for collagen-rich supple skin!

Vitamin C: broccoli, cauliflower, tomato, brussels sprouts, and cucumber
Benefits: Boosts circulation - which makes your skin shine!

Vitamin E: olives, sunflower seeds, peanuts, almonds, wheat germ, and leafy greens
Benefits: Helps fight free radicals from smoking and pollution

There you go WellCasters!
Eat well, be well. Good Luck!